

# 2020 Maryland State Conference

## Friday, March 20 - Sunday, March 22, 2020

**(IN LIEU OF THE ANNUAL REGION 2 CONFERENCE)**

Produced By: PATH Intl. Region 2 in partnership with MCET (Maryland Council of Equestrian Therapies)



**"Putting the pieces together in 2020"**

We invite you to a fun and educational weekend with your friends and colleagues at two BEAUTIFUL LOCATIONS!

**Sandy Cove Retreat Resort, 60 Sandy Cove Road, North East Maryland & Freedom Hills, 33 Rolling Hills Ranch Lane, Port Deposit Maryland**

### **Conference & Lodging Locations**

Lodging, Meals and Friday/Saturday Activities:

**Sandy Cove Retreat Center, 60 Sandy Cove Road, North East, MD 21901**

[www.sandycove.org](http://www.sandycove.org)

Sunday Activities:

**Freedom Hills Therapeutic Riding Program, 33 Rolling Hills Ranch Ln, Port Deposit, MD 21904**

[www.freedomhills.org](http://www.freedomhills.org)

## CONFERENCE REGISTRATION

Online registration will be available Jan. 26 2020, through March 15, 2020. After March 15, 2020, registration for the conference will need to be completed on-site. If you want registration with lodging, please contact Nancy Heller for availability. See Nancy’s contact information on the Registration form.

Conference Packages are **all-inclusive** providing; *On-site Lodging, 6 meals and registration fee*. The conference will be held at a gorgeous retreat setting with a gym, pool, hot tub, tennis courts and plenty of hiking trails along the river! Get all of the Sandy Cove details [here](#).

Accommodation information: <https://www.sandycove.org/facilities/accommodations/chesapeake-lodge/>

Package	Package Description	Early Bird (register on or before 2/14)	Standard (register 2/15 – 3/15)	On Site (register after 3/15)
<b>Platinum</b>	<ul style="list-style-type: none"> <li>• 2 Night stay in a <b>private</b> Master Suite</li> <li>• 6 Meals</li> <li>• Conference Registration Fee</li> </ul>	\$430	\$460	\$490
<b>Gold</b>	<ul style="list-style-type: none"> <li>• 2 Night stay in a <b>semi private</b> room</li> <li>• 6 Meals</li> <li>• Conference Registration Fee</li> </ul>	\$300	\$350	\$380
<b>Silver</b>	<ul style="list-style-type: none"> <li>• 2 Night stay in a <b>3 person</b> room</li> <li>• 6 Meals</li> <li>• Conference Registration Fee</li> </ul>	\$240	\$270	\$300
<b>Bronze</b>	<ul style="list-style-type: none"> <li>• 2 Night stay in a <b>4 person</b> room</li> <li>• 6 Meals</li> <li>• Conference Registration Fee</li> </ul>	\$240	\$270	\$300
<b>Conference Only</b>	<ul style="list-style-type: none"> <li>• NO lodging included</li> <li>• Access to the conference Friday-Sunday</li> <li>• All Meals included</li> </ul>	\$200	\$220	\$250

**\*\*Non-Path and Non-MCET members will have an additional \$30 processing fee\*\***

### Meal Offerings

Meals will be served buffet style in the beautiful dining room overlooking the river. The dining room is located very close to our conference rooms. If you require a special diet, complete the form on the Sandy Cove website. Package meals include:

- Friday Evening – Dinner at Sandy Cove 5:00pm - 7:30pm.
- Saturday - Breakfast, Lunch and Dinner, all at Sandy Cove.
- Sunday - Breakfast at Sandy Cove and lunch provided at Freedom Hills.

### Refund Policy:

- Written cancellation request is required for refund and must be sent to Nancy Heller at [nancyhellerk2@gmail.com](mailto:nancyhellerk2@gmail.com).
- Deadline for Full Refund – Request received by March 1, 2020.
- Deadline for 50% Refund – Request received by March 13, 2020. Individuals who do not submit a written request by March 13, 2020 will not receive a refund.

## CONFERENCE EDUCATION

This conference satisfies up to 9 hours of annual continuing education requirements.

**\*The number of hours that may be applied to annual compliance requirements equals the number of clock hours for the session unless otherwise noted.\*\*** Continuing Education Categories are listed next to the session name.

Session	Continuing Education Category CE, DE or CR*
The Cura Personalis Project: When All Other Adult Programs Failed	DE
How to Identify & Release Your Horses Pain Points with Natural Equine Remedies	CE
Promoting Speech While Interacting with Horses	EMSHL CR
Using Equine Psychotherapy to Treat Mental Health	CE
The Importance of Equine Chiropractic and Acupuncture	CE
Everyone Communicates	CR All Certs
Non-Profit Management	CE
Beyond Whoa and Go: Providing Language Support for Riders with Complex Communication Needs	DE; Riding CR
Spreading Awareness About Para Dressage	CE
Equine Assisted Psychotherapy: Creating Therapeutic Relationships, Support Individuals w/ Anxiety Disorders	DE; ESMHL CR
Value of Pasture for the Horse and the Environment	CE
What Have We Learned? Historical Overview of EFMH	CE
Magna Wave PEMF Treatment, Use and Benefits	CE
Speaking Horse	CR All Certs
Overcoming Adversity Through Equine Partnership	Riding CR

## MCET State Conference

<b>Friday, March 20, 2020 *Lots of networking and activities*</b>		
<i>Time</i>	<i>Location</i>	<i>Activity</i>
<b>4:00pm-7:00pm</b>	Sandy Cove	Registration
<b>5:30pm-7:00pm Dinner</b>		
<b>5:00pm-7pm</b> Table Discussions with business professionals such as insurance, financial planning, adaptive equipment ideas table, working with military veterans		
<b>7:00pm Jeff Newman</b> Talk on the MD 5 Star at Fair Hill		
<b>7:30pm</b> Pool and Jacuzzi Open		
<b>7:30pm-9:00pm</b>	Sandy Cove	You Festival, Networking, Painting, Juice Plus, Yoga, Massage, Facials, Vendors and much more.

<b>Saturday, March 21, 2020</b>		
<b>8:00am-9:30 am Breakfast</b>		
Morning Sessions include the Communication & Equine Health Tracks		

## 8:30am-9:30am Session 1

### Communication C1: Everyone Communicates (CR all certs Credit 1 Hr.)

Good leaders are great communicators; they stand out in the crowd, they are honest, they're authentic and they listen more than they talk. Research documents a clear connection between communication and leadership. Many business leaders feel that they need to communicate better with those they lead. But, to be effective, leaders must know how to communicate with the various groups within the organization – staff, volunteers, donors, clients, etc. Learn the key principles of leadership communication to develop a culture of collaboration and success.

#### Speaker: Debbie DiVirgilio

Debbie DiVirgilio is a Certified Governance Trainer through BoardSource and a Licensed Standards for Excellence Consultant. She more than 25 years of experience serving in the nonprofit sector in a variety of roles including Board Member, Executive Director, Program Director, and Grant writer. Debbie is a nonprofit coach, consultant, teacher, facilitator and grant professional. Above all, Debbie is committed to helping organizations thrive.

### Equine Health EH1: The Importance of Equine Chiropractic and Acupuncture (CE Credit 1 Hr.)

Learn the importance of chiropractic and acupuncture techniques in keeping working horses happy and healthy. On Sunday this topic will continue with Dr. Blakeslee giving a demonstration of the techniques that are discussed in this session.

#### Speaker Dr. Patricia Blakeslee VDM

Dr. Patricia Blakeslee, VDM is a 1988 grad from University of Penn School of Veterinarian Medicine after she completed a 2 year internship and residency at New Bolton Field Service. She joined Unionville Equine Associates practice in 1990. Dr. Blakeslee also completed a chiropractic course in 1997 and received an AP from Chi Institute in 2001.

## 9:45am-10:45am Session 2

### Communication C2: Non-Profit Management (CE Credit 1 Hr.)

Learn the effect techniques of Board of Directors management in running a successful non-profit organization.

#### Speaker: Debbie DiVirgilio

Debbie DiVirgilio is a Certified Governance Trainer through BoardSource and a Licensed Standards for Excellence Consultant. She more than 25 years of experience serving in the nonprofit sector in a variety of roles including Board Member, Executive Director, Program Director, and Grant writer. Debbie is a nonprofit coach, consultant, teacher, facilitator and grant professional. Above all, Debbie is committed to helping organizations thrive.

### Equine Health EH2: Value of Pasture for Horse & the Environment (CE Credit 1 Hr.)

Presentation shares benefits of pasture for horses, management strategies for how to maintain productive pasture grasses, how pastures enhance soil and water quality, and tips for what to do when you have too much pasture. Current research findings on the use of grazing muzzles to control weight gain in the pastured horse will also be discussed.

#### Speaker: Dr. Amy Burke

Dr. Amy Burk is an Associate Professor and Coordinator for the Equine Studies Program in the Animal and Avian Sciences Department at the University of Maryland. In addition to teaching courses in horse management, equine science, and equine reproduction, she mentors, advises the Maryland Equestrian Club and Maryland Eventing Team. She's given over 160 invited talks on equine nutrition, pasture management, and equine health at local, regional, and national events. Her Equine Rotational Grazing Demonstration site has been used to educate over 600 members of the horse industry. Dr. Burk has received National awards for her work including Educator of the Year from the Equine Science Society. Dr. Burk is the current Chairman of the National Association of Equine Affiliated Academics and board members of the Equine Science Society and Maryland Horse Industry Board. She completed her graduate work in equine nutrition as a Pratt Fellow at Virginia Tech having earned an MS in 1998 and a PhD in 2001.

**11:00am-Noon Session 3**

**Communication C3: Promoting Speech while Interacting with Horses (EMSHL or CR Credit 1 Hr.)**

Learning treatment techniques to promote language development with clients is essential in creating a successful program and partnership with horses. The movement of the horse clearly benefits the rider. Often first words are heard as the horse and rider form a partnership that can last for years. Discover the impact of incorporating the horse into speech therapy.

**Speakers: Martha Dubensky & Jenny Goodman-Bowden**

Martha Dubensky attained her Bachelors degree in Animal Science, a Masters degree in Food Technology Science and a Masters degree in Psychology. She developed and founded GAIT Therapeutic Riding Center in 1995. She is a PATH Intl Advanced Instructor, a mentor, ESMHL and a lead faculty for OSWC. She is a past Region 2 Representative and has helped on various subcommittees of PATH Intl. She has presented numerous on-site and off-site presentations regarding therapeutic programs for various organizations including at PATH Intl Regional and National conferences. And most of all, she is passionate about how the horse interacts naturally with humans, and how the movement of the horse directly affects the riders for example with Hippotherapy.

Jenny Goodman-Bowden received her graduate degree and then her Certificate of Clinical Competency in 1986. Since that time she has worked with adult developmentally delayed individuals as well as young children. Fifteen years ago she attained her certification in Hippotherapy and has worked with a variety of age groups in that field.

**Equine Health EH3: How to Identify & Release Your Horses Pain Points with Natural Equine Remedies (CE Credit 1 Hr.)**

Session will include use of herbal remedies, homeopathic techniques, nutrition, acupuncture and essential oils for equine health. On Sunday this topic will continue with a demonstration of the techniques that are discussed in this session.

**Speaker: Lorrie Bracaloni**

Lorrie Bracaloni has been in the Equine Holistic business for over 10 years and has numerous certifications in herbal remedies, homeopathic, nutrition, essential oils, & Equine Acupressure Application. Currently a practitioner of the Body Code by Dr Bradley Nelson, she has helped 100's of horses regain their health from illnesses.

**Noon-1pm Lunch**

**1:00pm-2:00pm Region 2 Awards & State Meetings** in the Chesapeake Room

Afternoon Sessions include the Education & Mental Health Tracks

**2:00pm-3:00pm Session 4**

**Mental Health MH1: What Have We Learned? Historical overview of EFMH (CE Credit 1 Hr.)**

Presentation focuses on answering the following questions: We saw it working... how do we explain it? What happens when we work with a horse? The intersection of Human and Horse in service of healing? How we do it methods and examples. We knew it worked and now there's proof! (Current developments and research in our field) Q&A. On Sunday this topic will continue giving a demonstration of the techniques that are discussed in this session.

**Speaker: Terry Lewis**

Terry Lewis, LCSW has over 30 years of experience as a therapist and a horsewoman and is the creative force behind Great Strides. After receiving her MSW at NYU, she worked at Yale Psychiatric Institute specializing in treatment resistant adolescents. She later provided outpatient mental health treatment prior to relocating to Maryland, where she became the Child and Adolescent Program Manager for Prince George's County. Terry was active in the emergence of the field of equine facilitated learning and has presented at numerous conferences. She is an Eponaquest Instructor, trained by Linda Kohanov. Terry is also a certified Therapeutic Riding Instructor through PATH Intl. In 2007, she received recognition as PATH Instructor of the Year for her region.

**Business & Education BE1 The Cura Personalis Project, when all other programs failed  
(DE Credit 1 Hr.)**

CPP teaches vocational, social and life skills based on the individual's abilities, interests & personal goals. Meeting five days a week at a local stable in Montgomery County MD, CPP now supports a group of 20 young adults from MD, VA and DC who perform animal care, gardening & property maintenance.

**Speaker: Kimberly Khan Carla Rappaport**

Kimberly Khan is the Executive Director and Co-Founder of CPP. Her younger son, with complex Developmental Disabilities, has been the inspiration behind the CPP. Carla Rappaport currently runs the special needs recreational riding program at Wheaton Park Stables & is on the Board of Directors for CPP.

**3:00pm- 4:00pm Session 5**

**Mental Health MH2 Equine Assisted Psychotherapy: Creating Therapeutic Relationships to Support Individuals with Anxiety Disorders (CEU DE; ESMHL CR 1 Hr.)**

What is anxiety and how is it different from fear? Where does anxiety come from? What are the various anxiety disorders and when is EAP indicated? We will discuss the symptoms, selective treatment approaches and strategies for managing anxiety. Case study will look at how the therapeutic relationship evolves with horse as co-therapist. This presentation will present important therapeutic, ethical and relationship issues related to equine assisted psychotherapy with persons presenting with anxiety. On Sunday this topic will continue giving a demonstration of the techniques that are discussed in this session.

**Speaker: Marya & Ed Pecukonis**

Marya Pecukonis is PATH Intl. certified riding instructor, CTRI and ESMHL. Professional credentials include Masters Degree in Communicative Disorders from Johns Hopkins, post graduate work in Administration and Special Education and National Board Certified Teacher in Exceptional Needs. Marya has worked as a Special Education teacher, administrator, and transition specialist for Howard County Schools for over three decades. She currently works as a Family Trainer and Adult Life Planner for MD Autism Waiver program. She has provided leadership for MCET, Maryland Council for Equestrian Therapies, as president and current member. Marya has volunteered time with PATH Intl as MD state chair, current Region 2 Representative and faculty apprentice for ESHML. Edward Pecukonis MSW, PhD is the Clinical director at LeCheval Stable and coordinates the equine assisted psychotherapy program. He has presented on equine assisted psychotherapy at both regional and state conferences as well as faculty and student presentations and courses. Dr. Pecukonis is an Associate Professor at the University of Maryland School of Social Work. He has held faculty appointments within the University of Maryland School of Medicine, the Department of Psychiatry and later in the Department of Family Medicine where he coordinated behavioral science training for medical students and residents.

**Business & Education BE2 Speaking Horse (CEU CR All Certs 1 Hr.)**

Understanding why and how the equine responds to non-verbal communication. Discusses the benefits and application of the communication for training opportunities for Volunteers, Horse Handlers and Riders.

**Speaker: Donna Silbaugh**

Donna Silbaugh is the owner and director of Scarlet Oaks (Lancaster county) Morgantown PA, since 1993. Life member of PATH Int'l, Life member of CECTH (PACTH), Centered Riding, Level 1, Carriage Association of America (CAA), Certified Driving Instructor, Olaf Nyby, Norway. Experience with horses since 1952. Utilizes horses and carriages in living history presentations as well as her program.

**4:00pm- 5:00pm Session 6**

**Mental Health MH3: Using Equine Psychotherapy to treat mental health (CEU CE 1 Hr.)**

Presentation provides opportunities to explore different psychotherapy techniques in equine therapeutic setting. This experiential, hands-on intervention has proven to provide effective results in healing and well-being. On Sunday this topic will continue with a demonstration of the techniques that are discussed in this session.

**Speaker: Erin Tancemore**

Erin Tancemore graduated from McDaniel College with a Bachelor's Degree in Social Work and minor Sociology in 2005. She then received her Master's Degree in Social Work from the University of Maryland in 2006. In 2013 Erin began exploring her relationship w/ horses & attended several internationally accredited Equine Therapy trainings & received certification. In 2014, she established a private practice providing mental health services using both the traditional and Equine Assisted models. Erin specializes in childhood mental health and trauma using horses as her

primary treatment tool.
<b>Business &amp; Education BE3 Beyond Whoa and Go - providing language support for riders with complex communication needs (CEU DE; Riding CR 1 Hr.)</b>
Many of our riders present with complex communication needs. Language and/or speech are sometimes limited due to physical, cognitive, or emotional disabilities. This presentation is designed to provide a hands on opportunity to develop communication supports for these riders to enhance their participation and success during their therapeutic riding experience.
<b>Speaker: Karen Scott</b>
Karen Scott, M.Ed Special Education/Reading, PATH Registered Instructor, Assistive Technology Professional (ATP).
<b>5:30pm- 7:00pm Dinner</b>
<b>7:00pm Key Note Speakers Syd Lea and Riley Garrett</b>
<b>8:15pm Silent Auction Closes</b>
<b>Sunday, March 22, 2020</b>
<b>7:30am-8:30 Breakfast</b>
<b>8:30am State Reports</b>
<b>9:00am-10am Check Out &amp; Drive to Freedom Hills (30 minutes)</b>
<b>10:00am-10:30 Welcoming remarks from Ross Peddicord</b>
<b>Sunday Sessions include the Equine Health &amp; Mental Health Tracks</b>
<b>10:30am-11:30am Session 1</b>
<b>Mental Health MH4 Equine Assisted Psychotherapy: Creating Therapeutic Relationships to Support Individuals with Anxiety Disorders (CEU DE; ESMHL CR 1 Hr.)</b>
What is anxiety and how is it different from fear? Where does anxiety come from? What are the various anxiety disorders and when is EAP indicated? We will discuss the symptoms, selective treatment approaches and strategies for managing anxiety. Case study will look at how the therapeutic relationship evolves with horse as co- therapist. This presentation will present important therapeutic, ethical and relationship issues related to equine assisted psychotherapy with persons presenting with anxiety.
<b>Speaker: Marya &amp; Ed Pecukonis</b>
<b>Equine Health EH4 The Importance of Equine Chiropractic and Acupuncture (CE Credit 1 Hr.)</b>
Learn the importance of chiropractic and acupuncture techniques in keeping working horses happy and healthy. On
<b>Speaker: Dr. Patricia Blakeslee</b>
<b>11:30am-12:30 Session 2</b>
<b>Mental Health MH5 What Have We Learned? Historical overview of EFMH (CE Credit 1 Hr.)</b>
Presentation focuses on answering the following questions: We saw it working... how do we explain it? What happens when we work with a horse? The intersection of Human and Horse in service of healing? How we do it methods and examples. We knew it worked and now there's proof! (Current developments and research in our field) Q&A
<b>Speaker: Terry Lewis</b>
<b>Equine Health EH5 How to Identify &amp; Release Your Horses Pain Points with Natural Equine Remedies (CE Credit 1 Hr.)</b>
Session will include use of herbal remedies, homeopathic techniques, nutrition, acupressure and essential oils for equine health.
<b>Speaker: Lorrie Bracaloni</b>
<b>12:30-1:30pm Session 3</b>
<b>Mental Health MH6 Using Equine Psychotherapy to treat mental health (CEU CE 1 Hr.)</b>
Presentation provides opportunities to explore different psychotherapy techniques in equine therapeutic setting. This experiential, hands-on intervention has proven to provide effective results in healing and well-being.



**Speaker: Erin Tancemore**

**Equine Health EH6 Magna Wave PEMF treatment, use & benefits (CE Credit 1 Hr.)**

This is a non-invasive, pain-free modality that indiscriminately recharges your cells, increasing your cellular metabolism, which allows your body to heal itself more efficiently.

**Speaker: Megan Wicks Doran**

Megan Wicks Doran attended Wilson College, a BS in Equine Studies. Racehorses taught her conditioning and understanding injuries & rehabbing, specializing in extensive layups, breaking babies and developing a string of horses at Fair Hill Training Center. She has taught Equine Anatomy & Physiology at Cecil College, Large Animal Program.

**1:30pm Wrap Up and Lunch**



# Conference Registration Form

Full Name

PATH Membership No

Mailing Address

City

State

Zip

Email

Phone

## Registration

No	Package	Amount	Non Member Fee If applicable	Total
Sessions: Please write the letters and number of the 9 sessions you are attending (e.g. MH1, MH2, EH1)				
Sleeping Arrangements: Please Indicate others you want to share a room with or if you would like us to assign you to a room.				
Registration Payment Form: (Circle One)    Check    PayPal    Credit Card				
				<b>Total</b>

**\*\*By registering, your lodging will automatically be made with Sandy Cove by MCET\*\***

## Registration Information

Complete the above form and complete a payment method described below:

- Mail the Registration Form and check (Payable to: Maryland Council of Equestrian Therapies) to:

Nancy Heller, 9205 Copenhaver Drive, Potomac, MD 20854-3016

- Email the form to [MarylandEquestrianTherapies@outlook.com](mailto:MarylandEquestrianTherapies@outlook.com) and use your PayPal account to pay. You can use your PayPal from their site or go to our store and use your PayPal when checking out.
- Email the form to [MarylandEquestrianTherapies@outlook.com](mailto:MarylandEquestrianTherapies@outlook.com) and pay with credit card or PayPal using our store. Go to the site below and select the Conference Packages link:  
<https://md-equestrian-therapies-store.mybigcommerce.com/>

Any questions should be directed to: Nancy Heller [nancyhellerk2@gmail.com](mailto:nancyhellerk2@gmail.com) or by phone 301-251-0619.